



MARCH

Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

Monday-Thursday
7:00 am - 3:00 pm

Friday
7:00 am - 2:00 pm

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

TOP 'O THE MORNING TO YOU!

March might be the *Luckiest* month of the year...If you are a leprechaun, that is. The Senior Center is also very lucky to have YOU! This month we will test our luck with a Monday Movie, Bunco, Sharing our Talents and great classes and programs. We hope luck will be with you this month and always. Hope to see you soon!

TRIPS, OUTINGS & EVENTS

LDS Motion Picture Studio Tour

Lehi Senior Center
LDS Motion Picture
Studio
"behind the scenes"
Tour & Dinner



Date: March 3, 2020
Time: 3:30-8:00 pm (Itinerary on back-subject to change)
Price: \$ 5/ Senior Center Members (Dinner is pay your own)
More details on the back

Sign up AND pay by February 25

Trip is subject to cancellation if we don't receive sufficient RSVPs.

Tuesday, March 3

3:30-8:00 pm

Fee: \$5

THIS TOUR IS FULL. IF INTERESTED, YOU CAN BE PUT ON THE WAITING LIST. WE WILL SCHEDULE ANOTHER ONE IN THE FUTURE. THANKS FOR YOUR INTEREST!

If you missed this one, make sure to check back and stay in touch to hear about the future trips. We love traveling with you!

Talent Show!!

Friday, March 20

12:30 pm

Free to attend



Lehi Seniors Got Talent! And we know that is true. You each have fun, unique and amazing talents! Please come share them with us and support others in their talents. Sign up now to be on the program. We will provide refreshments; you provide the entertainment! If you like to paint-bring in a piece to display. If you like to cook-tell us about your favorite recipe. If you like to sew-bring in a item to show and tell us about it. You can also bring in pictures of your hard work in your yard or other talents. We can't wait to see what we all can do! Plan for about 1-3 minutes per talent. Sign up now. Let Jan know if you'll be eating lunch before the show.

It is requested to sign up by March 18th, but we will take day-of talents as well. Let Corinne know if you have any questions or if you have specific needs for your talent.

For more information on any of our offerings - call us or pick up a flyer at the senior center.

EVENTS & EXTRAS

Bunco Bash and Games (FREE!)

Wednesday, March 11

12:30 pm

FREE to play!

Sign up to join the fun of Bunco!
No experience needed. This game is fun and easy to learn.

Let Jan know if you'd like to come for lunch before the games begin by calling at least 24 hours in advance.

This is free to play for Senior Center Members.
Prizes and treats are included. See you there!



Monday Movie Mania – “Finian’s Rainbow”

Monday, March 16

12:30 pm

FREE to attend

Join us for a movie with Monday Movie Mania!
We show some of the old classics you know and love and a few recent flicks too! Come for lunch, stay for a movie! Or just come for the show! Bring your own snacks if you'd like, but we will have popcorn!



This month we will watch “Finian’s Rainbow” for St. Patrick’s Day. A leprechaun tries to retrieve a crock of gold from an old wanderer who has taken it to America. Fred Astaire, Petula Clark and Tommy Steele star in this classic St. Paddy’s day film.

NEW EXERCISE CLASSES – CONTINUED!!

Chair Yoga for Seniors– Continues!

Wednesdays—8 week course

March 4– April 29

10:00-10:30 am

This is an introduction course to chair yoga. In the course you will learn the basics of breath, meditation, and movement designed to steady and strengthen your mind and body. Throughout the course we will work on breathing techniques, each part of the body and meditation.

What to bring: Comfortable clothing you can move in, workout shoes (closed-toe with laces), water bottle and your friends. You do not need a mat.

This is taught by Ariel Lockhart.

Tai Chi Workshops

Thursdays—8 week course

Starting Now

10:00-10:30

We have a new Tai Chi workshop starting on Thursdays. Patrons that have registered for the class will receive priority, but others are welcome to drop in and see if it fits their needs.

These are taught by David Shoaf. Sign up with a Senior Center staff member.

We still offer our live instruction weekly class with April Wilkey on Mondays at 12:30 pm.

We also have a video instruction available upon request during open hours.

SPECIAL ACTIVITIES & PRESENTATIONS

Medicare & Molina

Tuesday, March 3

11 am



A Health Care Rep will be here every 1st Tuesday of the month to offer info on Medicare, Medicaid or ANY insurance. (Not just Molina).

She will give a brief presentation and then offer consulting and free giveaways. Come stop by.

Mindfulness and Meditation

Wednesdays - March 4- April 8

10:30-11:30 am

Free to attend

Come relax, find inner balance and tips about meditation you can use everyday in your own life.

This is free to attend with your Senior Center Membership. One-time fee of \$10 for non-members.

Birthday Celebration

Friday, March 27

12:00 pm RSVP for Lunch

Join us for lunch on *Friday, March 27* to enjoy a sweet treat, and sing happy birthday together! *Be sure to call ahead to reserve your lunch.*

If we've missed your birthday, let us know so we can update our records. Have a great month.



Annette Madruga	March 1
Thundore Lee	March 2
Robin Busker	March 3
Boyd Fullmer	March 3
Linda Hardy	March 3
Ray Johnson	March 4
Bobbilyn Scown	March 4
Jack Buckley	March 5
Jan Kingsbury	March 5
Barbara Cluff	March 5

Becky Gaisford	March 5	Charles Gaisford	March 19
Julie Ozouf	March 5	Merlin Hatton	March 19
NaDean Behunin	March 7	Gloria Johnson	March 19
Joseph Kim Wilsted	March 7	Kitty Kenealey	March 20
Kenneth Olsen	March 7	Wesley Ozouf	March 20
Saralynn May	March 7	Cheryl Shingleton	March 20
Sherrie Mehl	March 8	Larry Smith	March 21
Kristie Decker	March 10	Angie Goates	March 21
Cordell Denna	March 10	Connie Perez	March 21
Jacqueline Cowan	March 10	John Schorr	March 22
Nyle Short	March 12	Cheri Schorr	March 22
Guillermo Naumann	March 12	Mary Ann Creer	March 22
Sherl Bevard	March 13	William Love	March 22
Christiana Heppner	March 13	Jane O'Bryant	March 23
Lynell Shock	March 13	Jalayne Murphy	March 24
Cindy Crossman	March 14	Zina Gifford	March 24
Carolyn Martin	March 14	Dorothy Durrant	March 25
Jan Rymer	March 14	Jim Buckwalter	March 25
Sandi Criddle	March 14	Cheryl Barney	March 26
Barbara Winterton	March 14	Birgitta Teubner	March 27
Ida May Wheat	March 15	Anthony Kloser	March 28
Norma Brewer	March 17	Sue Lambert	March 28
Vickie Hatton	March 17	Wayne Hikida	March 30
Robert Wagner	March 18	Albie Valladares	March 31
Nita Sadler	March 19	Ruth Kelly	March 31

FREE FOOD DONATIONS

Pizza Give-Away!

Wednesdays – during Lunch

Some Wednesdays during lunch we will be awarding Pizza Hut pizzas (pizzas will be frozen). Pizzas are awarded one per family.

[See conditions below:](#)

You **MUST** attend lunch in order to have your name entered into the pizza drawing. This means you **MUST RSVP** for lunch by 12:00 p.m. the day before. No names will be entered into the drawing unless you have RSVP'd for lunch.

The number of pizzas given out each week will vary. Items may include: pizzas, pasta, breadsticks, and more.

Only one name entry per family (additional entries cannot be purchased or requested).

Food Donations

Weekly

FREE FOOD!!! Most Mondays, we get Auntie Annie's pretzels, pretzel bites, and flavored pretzels. These are donated to us to eat, distribute, share and take home. Please stop by to pick up a bag.

Most Wednesdays, we get various food and grocery items donated from Tabitha's Way. Items may include: breads, produce, cakes, vegetables, canned goods, and more. Please stop by and pick up items!

Please be respectful of ALL our patrons in sharing the opportunity to receive these free items. Please bring your own bags or box to carry out the items.

Although we try to be consistent, there are days that items will not be picked up. If desired– call ahead to make sure items are here.

www.lehi-ut.gov/recreation/seniors/ | 5



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MONTHLY MENU

JAN - SENIOR CENTER 385-201-1065

UNITED WAY BUS 801- 374-9306

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & White Beans Cabbage Applesauce Roll Brownie 	3 Soft Shell Taco Ground Beef, Tomato, Cheese, Sour Cream, Lettuce, Refried Beans Mandarin Oranges	4 Malibu Chicken Au Gratin Potatoes Broccoli Apple Roll 	5 Three Bean Beef Chili California Blend Vegetables Corn Bread Peaches 	6 Roast Pork Au Gratin Potatoes Beets Mandarin Oranges Roll Cookie
9 Swedish Meatballs/Rice Carrots Fruit Cocktail Roll 	10 Meatloaf Mashed Potatoes/Gravy Broccoli Apple Roll	11 Rigatoni w/ Meat Sauce Tossed Salad w/ Dressing Green Beans Garlic Bread Warm Applesauce	12 Chicken Pot Pie / Biscuit Peaches Brownie 	13 Roast Turkey Mashed Potatoes/Gravy Carrots Mandarin Oranges Roll
16 Sweet & Sour Chicken White Rice Stir Fried Vegetables Applesauce Fortune Cookie	17 Corned Beef & Cabbage Potatoes & Carrots Green Jello w/ Fruit Cookie 	18 Chicken Salad Wrap Italian Pasta Salad Pickles Pears Potato Chips 	19 Cheesy Beef Lasagna Green Beans Garlic Bread Cinnamon Apple Sauce 	20 Honey Baked Ham Scalloped Potatoes Beets Corn Bread Fruit 
23 Salisbury Steak Mashed Potatoes/Gravy Beets Pears Roll 	24 Corn Chowder Green Beans Peaches Corn Bread 	25 Shepherd's Pie Carrots Cottage Cheese w/ Fruit Jack's Cake	26 Creamed Chicken / Rice California Blend Vegetables Orange Roll Cookie 	27 Garlic Beef Mashed Potatoes/Gravy Peas Apple Sauce Roll
30 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	31 Tortellini w/ Meat Sauce Tossed Salad / Dressing Carrots Roll Apple Crisp 	MEALS MUST BE CALLED IN TO THE SENIOR CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065		
ALTERNATE MEALS March 2 - 6 Chef's Salad March 9 - 10 Chicken Noodle Soup / Sandwich March 11 - 13 Cream of Potato Soup / Sandwich March 16 - 20 Chef's Salad March 23 - 24 Vegetable Beef Soup w/ Sandwich March 25 - 27 Cream of Broccoli Soup / Sandwich March 30 - April 3 Chef's Salad				

ACTIVITIES CALENDAR

TO REGISTER FOR ACTIVITIES
CALL CORINNE: 385-201-2349

ACTIVITIES CALENDAR MARCH 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Available Weekly: Tech or Fam Hstry 1-on-1's *call for appointment</p> <p>12:30-1:00 Tai Chi (Live)</p>	<p>3</p> <p>9:30-12:00 Watercolor</p> <p>10:15 Crochet Club</p> <p>11-12 Medicare & Molina</p> <p>11:30-12:00 BINGO</p> <p>Movie Studio Tour 3:30 pm</p>	<p>4</p> <p>10-10:30 Chair Yoga</p> <p>10:30-11:30 Mindfulness & Meditation Class</p>	<p>5</p> <p>9:30-12:00 Watercolor</p> <p>11-12 Quilting Club</p>	<p>6</p> <p>10-11 Line Dance</p> <p>11:30-12:00 BINGO</p>
<p>9</p> <p>Available Weekly: Tech or Fam Hstry 1-on-1's *call for appointment</p> <p>12:30-1:00 Tai Chi (Live)</p>	<p>10</p> <p>9:30-12:00 Watercolor</p> <p>10 am-Health Screening</p> <p>10:15 Crochet Club</p> <p>11:30-12:00 BINGO</p>	<p>11</p> <p>10-10:30 Chair Yoga</p> <p>10:30-11:30 Mindfulness & Meditation Class</p> <p>12:30 -BUNCO BASH</p>	<p>12</p> <p>9:30-12:00 Watercolor</p> <p>11-12 Quilting Club</p>	<p>13</p> <p>10-11 Line Dance</p> <p>11:30-12:00 BINGO</p> <p>12- Medicare 101</p>
<p>16</p> <p>Tech Help Available</p> <p>12:30-1:00 Tai Chi (Live)</p> <p>12:30 Monday Movie</p> <p>Mania!</p> <p>"Finian's Rainbow"</p>	<p>17</p> <p>ST. PATRICK'S DAY</p> <p>9:30-12:00 Watercolor</p> <p>10:15 Crochet Club</p> <p>11:30-12:00 BINGO</p>	<p>18</p> <p>10-10:30 Chair Yoga</p> <p>10:30-11:30 Mindfulness & Meditation Class</p> <p>10:30-12 Dr Humphrey</p>	<p>19</p> <p>9:30-12:00 Watercolor</p> <p>11-12 Quilting Club</p>	<p>20</p> <p>10-11 Line Dance</p> <p>11:30-12:00 BINGO</p> <p>TALENT SHOW!!</p> <p>12:30 PM</p>
<p>23</p> <p>Tech Help Available</p> <p>*call for appointment</p> <p>10:30-11:30 Tai Chi (live)</p>	<p>24</p> <p>9:30-12:00 Watercolor</p> <p>10:15 Crochet Club</p> <p>11:30-12:00 BINGO</p>	<p>25</p> <p>10-10:30 Chair Yoga</p> <p>10:30-11:30 Mindfulness & Meditation Class</p>	<p>26</p> <p>9:30-12:00 Watercolor</p> <p>11-12 Quilting Club</p>	<p>27</p> <p>10-11 Line Dance</p> <p>11:30-12:00 BINGO</p> <p>12:00 Birthday Celebration</p> <p>prov by Abbington</p>
<p>30</p> <p>Available Weekly: Tech or Fam Hstry 1-on-1's *call for appointment</p> <p>12:30-1:00 Tai Chi (Live)</p>	<p>31</p> <p>9:30-12:00 Watercolor</p> <p>10:15 Crochet Club</p> <p>11:30-12:00 BINGO</p> <p>Making Friends with Technology Day One</p>	<p>COMING UP IN APRIL...</p> <p>Event: Making Friends with Tech Weeks: Mar 31, Apr 2,6-10, 13-14</p> <p>Trip: Hogle Zoo : April 22</p> <p>Event: Lehi City Expo: April 23</p>		

WEEKLY CLASSES & CLUBS

***Classes with a red asterisk require call-ahead registration**

Crochet Club	Tuesdays 10:15 a.m.
Tai Chi Class <i>Video Instruction available upon request</i>	Mondays 12:30 p.m. Tuesdays 10:00 a.m.
BINGO	Tues & Fri 11:30 a.m.
Humanitarian Quilt-Tying Club	Thursdays 11:00 a.m.
Line Dancing	Fridays 10:00 a.m.
Blood Pressure Clinics	1st Friday of the month 11:00 am – noon
Family History 1-on-1 help *	By Appointment
Computer 1-on-1 help *	By Appointment
Lunch * <i>Call by noon the day before to make a reservation</i>	Monday – Friday served at Noon
Free Indoor Track (Legacy Center)	Monday – Friday 10 am-2 pm
Billiards Room	Available during open hours
Card Playing Club	Tuesdays & Fridays – 9:30 am
Watercolor Class *	Tuesdays or Thursdays 9:30 am– noon <i>Mar 10, 17, 24, 31 OR Mar 5, 12, 19, 26</i>
Bunco Bash	Every 2nd Wednesday of the month <i>(unless otherwise noted)</i>
Monday Movie Mania	Every 3rd Monday of the month <i>(unless otherwise noted)</i>
Mindfulness & Meditation	Wednesdays <i>6 weeks: March 4– April 8</i>
Chair Yoga for Seniors	Wednesdays <i>8 weeks: March 4-April 29</i>

LOOKING AHEAD....

Just wanted to give you a heads up on our summer plans and over night trips!

JUNE 9-11 : St. George/ Tuacahn Trip.

- We will see “Beauty & the Beast” and “Annie.”
- Approximate cost \$325. Prices may vary.

JULY 29-30 : Logan, UT

- We will see “Joseph & the Amazing Technicolor Dreamcoat,” local tours, shopping, FUN!
- Approximate cost \$225. Prices may vary.

SEPTEMBER 29- OCTOBER 1: St. George/ Tuacahn Trip.

- We will see “Beauty & the Beast” and “The Count of Monte Cristo.”
- Approximate cost \$350. Prices may vary.



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St. Patrick's Day This & That Trivia

Match the clues to things associated with
St. Patrick's Day

Happy St. Patrick's Day!

- | | |
|---|------------------------|
| A. The flag of Ireland is green, white and _____ | _____ Parades |
| B. A magical little short guy | _____ Shamrock |
| C. A three leaf clover | _____ Lucky Charms |
| D. The country St. Patrick's Day is associated with | _____ Green |
| E. The color theme of this holiday | _____ Dublin |
| F. Many cities have these on the streets | _____ March 17th |
| G. Favorite meat associated with St. Patrick's Day | _____ Ireland Forever |
| H. Find this at the end of the rainbow | _____ Leprechaun |
| I. Chicago dyes _____ green to celebrate the day | _____ Pot of Gold |
| J. Cereal that features a little leprechaun | _____ Chicago River |
| K. Kiss this and you'll have the gift of gab | _____ Orange |
| L. The patron saint of Ireland | _____ Pinch |
| M. Date of St. Patrick's Day | _____ Blarney Stone |
| N. It's good luck if you find one of these | _____ Patrick |
| O. Nickname for Ireland | _____ Ireland |
| P. Wear green on this holiday or you'll get a _____ | _____ Emerald Isle |
| Q. 'Erin Go Bragh' means _____ | _____ Corned Beef |
| R. Capital City of Ireland | _____ Four Leaf Clover |



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Answers: A. Orange, B. Leprechaun, C. Shamrock, D. Ireland, E. Green, F. Parades, G. Corned Beef, H. Pot of Gold, I. Chicago River, J. Lucky Charms, K. Blarney Stone, L. Patrick, M. March 17th, N. Four leaf Clover, O. Emerald Isle, P. Pinch, Q. Ireland Forever, R. Dublin

COMING UP...

April Events and Trips

Stay tuned for more details.

- Making Friends With Technology Week!: March 31, April 2, 6-10, 13-14.

1:00-2:30pm

Free to attend for Senior Center Members

We have 9 days of classes to help with various tech questions. A detailed schedule of topics will soon be available.

- Hogle Zoo Trip: Wednesday, April 22

Registration for this trip opens on March 2nd. Please wait until then to sign up.

- Lehi City Expo: Thursday, April 23

4:00– 7:00 pm.

Free to attend for all city residents.

Come stop by the Senior Center Booth and enter to win a quilt.



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